

The Official USU Newsletter

# the pulse

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**Sharon Willis**

Deputy Vice President for External Affairs and Managing Editor

**Staff Sgt. Matthew Rosine**

Production Editor

**Christine Creenan-Jones**

Contributing Writer

**Anne Allnutt**

Layout and Design

**Production**

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**On the cover**

2012 marks the 40th anniversary of the Uniformed Services University of the Health Sciences (USU). This logo is one of two logos created to commemorate this milestone. Over the next year, USU will hold a number of events and activities to mark this special observance. These logos are available for download online at <http://www.usuhs.mil/vpe/branding.html>



## USU Celebrates 40th Anniversary

This year marks the 40th anniversary of the founding of the Uniformed Services University of the Health Sciences in 1972. A number of activities will be taking place throughout the year in celebration of this milestone, which will culminate in a three-day event in late September.

"This year, 2012, is our 40th anniversary," said USU President Charles L. Rice, M.D., during the Jan. 18 Town Hall meeting. "We intend to celebrate our history and accomplishments in big ways and small over the year."

The main event will be held Sept. 20-22, and will include the annual USU-HJF Symposium on Thursday, Sept. 20 at the Rockville Hilton. On Friday, Sept. 21, USU will celebrate its anniversary with special guests, lectures, showings of "Fighting for Life," along with a host of other activities, ending with a 40th Anniversary reception and dinner in the evening. The USU Alumni Association will plan



*This logo is one of two logos used to commemorate this special anniversary. These logos are available online at <http://www.usuhs.mil/vpe/branding.html>*

and host Alumni Weekend events on Saturday, Sept. 22.

Two 40th Anniversary logos were created by USU's Graphics Division staff to mark the celebration. Logos should be used on websites, powerpoint presentations, posters and other USU materials throughout 2012, and are available for download at [www.usuhs.mil/vpe/branding.html](http://www.usuhs.mil/vpe/branding.html).

## USU Holds First Town Hall in 2012

USU's President delivered a "State of the University" address to the campus community during the first Town Hall meeting of the year Jan. 18.

Dr. Charles Rice briefly discussed the extraordinary achievements made by the university over the past several decades, reflecting on the leadership and expertise USU faculty and alumni provide throughout the military health system. His address also touched on the goals he set for himself when he took over as the university's 5th President in 2005, and his plan to build on USU's unique strengths, despite a number of obstacles, including budget uncertainties. He discussed how budget uncertainties remain a key focus as higher headquarters looks to reduce expenditures, but how he was convinced that USU continues to prove its worth.

"We are confident that not only are the costs of educating our uniquely

qualified students in line with the private sector and that their education and training is not replicated elsewhere, but also that we are playing a key role for the military health system and public health writ large in addressing the national shortage of physicians, advanced practice nurses and dentists," Rice said. "The DoD cannot ensure an adequate cadre of military medical practitioners and leaders without the continued contribution of USU graduates."

Dr. Rice also mentioned the university's strides in expanding its student applicant pool and attracting quality faculty and USU's success in securing more research funding.

"Today more faculty have externally funded research, more collaborations, and last year, 2011, the biggest year ever in number of grants and dollars—over \$130 million," he said.

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# Service Member of the Year Named

By Staff Sgt. Matthew Rosine

Like most military units, USU selects an outstanding noncommissioned officer for Service Member of the Year. Religious Program Specialist Ayanfemi Ayanwale was this year's winner.

Ayanwale is being recognized for his work in the chaplain's office, where he helps manage day-to-day business operations and coordinates religious services.

"He is a real asset here," said Brigade Chaplain Lt. Cmdr. Christopher Martin. "Without a doubt, Petty Officer Ayanwale is a fine example of a quality Sailor and a testament to the RP rating."

At USU, earning the title, "Service Member of the Year," is a rigorous process. After being nominated by their supervisors, candidates must face a board of senior leaders who ask them a series of questions ranging from general military knowledge to current events.

Ayanwale's answers impressed the board, so did his record of achievements. The 41-year-old Sailor, a Fleet Marine Force Warfare-qualified NCO, served with an Anti-Terrorism Battalion at Camp Ar Ramadi in Iraq for eight months before coming to USU.

While there, he maintained a 95 percent readiness status for the Marines he served. Ayanwale also provided various medical services so the Marines in his battalion could deploy at a moment's notice, if necessary.

Now at USU, Ayanwale continues setting high standards on many fronts. In addition to his religious program specialist duties, Ayanwale is the lead instructor for mandatory training programs for Sailors at USU, a volunteer for the university's Parking Hang Tag Distribution Program and an active member

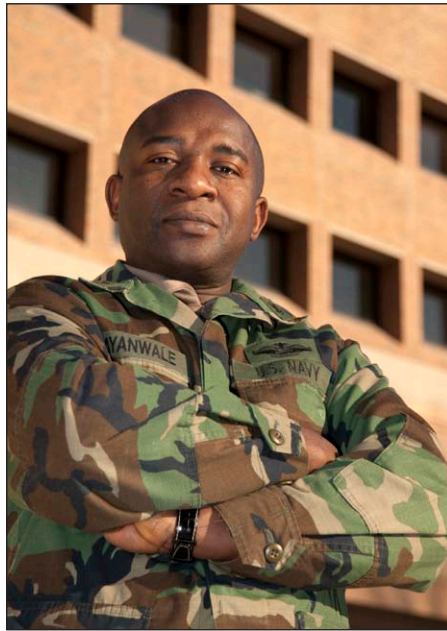


Photo by Thomas C. Balfour

of USU's Color Guard. He is also a financial specialist for the command, chair for the E-3 Evaluation Ranking Board and a USU tour guide for prospective students and their families.

Over the years, Ayanwale has also helped with many special projects at the university including providing field training to first-year students during Operation Kerknesner, where he was honored as an "exceptional performer" by the Brigade for his work in a medical platoon. Furthermore, Ayanwale was part of a development team assembled to create visually appealing, informative content for USU's Human Performance Research Center website. He was also chosen by the Brigade Commander to be a part of the planning group for Army Lt. Col. David Cabrera's memorial service, a USU faculty member killed in action while

serving in Afghanistan.

Ayanwale's strong work ethic reaches far beyond the university's corridors too. A frequent volunteer, he regularly supports the community by donating his time and services to local charities including the Pediatric Brain Tumor Foundation's annual Ride for Kids event.

Ayanwale's many personal and professional contributions impacted the board's decision to select him as Service Member of the Year, a humbling honor for Ayanwale, a family man originally from Nigeria.

"This is such a wonderful achievement," he said. "But, this is not my award alone. I received this because of my faith and support from my leadership as well as my family."



Courtesy photo

*Religious Program Specialist 2nd Class Ayanfemi Ayanwale poses for a picture before a mission with the 2nd Battalion, 9th Marines where he served at Camp Ar Ramadi, Iraq. Ayanwale was recently recognized for his outstanding service and dedication and was named the 2011 USU Service Member of the Year.*

Do you know any amazing USU community members with a unique story? Let *The Pulse* know about them. USU's writers are always looking to profile people with interesting backgrounds, accomplishments and skills. Recommend your colleagues and friends by sending an e-mail to the newsletter staff at [usunewsletter@usuhs.mil](mailto:usunewsletter@usuhs.mil).



# Personalized Education

By Christine Creenan-Jones



Photo by Thomas C. Balfour

His time at USU, both as a student and a professor, has made a huge impact on several realms of nursing. It's also shaping the future of military medicine, one GSN cohort at a time.

In the classroom, Rawlings draws important lessons from his professional experiences to give USU students an insider's look at perioperative nursing in the military. The seasoned veteran has travelled the globe extensively, healing warriors in operating rooms at major military hospitals and forward operating bases in the field.

Teaching at USU is a nostalgic experience for Army Major Thomas Rawlings, assistant director of the Perioperative Clinical Nurse Specialist (PCNS) program in the Graduate School of Nursing. The popular instructor, known for his personal approach in the classroom, is also a PCNS graduate from the Class of 2006, the second group to complete the nation's only perioperative nursing program.

Rawlings' work at places like Camp Cropper – a holding facility for suspected war criminals in Iraq – is especially helpful at USU, because GSN students are expected to take on extraordinary responsibilities when they graduate, like Rawlings did.

While deployed, he cared for thousands of injured detainees and supervised a 15-person multidisciplinary medical team at the 31st Combat Support Hospital in Baghdad.

During this time, Rawlings faced incredible challenges.

"The hospital at Camp Cropper was extremely small and very busy. We treated thousands of wounded men and women in our two-bed operating rooms and eight-patient ICUs," he said. "But, space wasn't the only obstacle we overcame in Iraq. Keeping the hospital clean was also hard work, because dust storms blew through our camp regularly, leaving behind considerable residue."

Austere conditions and looming danger didn't stop Rawlings from thriving under pressure – a skill set he learned at USU. Rawlings saved many lives and earned a Bronze Star Medal in Iraq for exceptional military service in the process.

"I gained a lot of confidence while studying at USU. The entire program was helpful, but the operational readiness and leadership aspects were particularly relevant. I've used these skills many times throughout my military career, and now I'm teaching them to USU's up-and-coming leaders," he said. "There is no other place I'd rather be, because the students are incredible here and so is the mission."

## USU: There Is An App For That

By Staff Sgt. Matthew Rosine

The USU community is officially moving to Google Apps beginning in mid-March.

The Google Apps format will replace the University's current Novell GroupWise for its new e-mail and calendar platform services.

The Apps platform will also provide other working features such as Contact, Documents and Sites.

"We are pleased to announce that USU has chosen Google Apps for its new e-mail and calendar platform," said Royce Goddard, the Customer Support Division, Help Desk Branch Chief.

At its core, Google Apps is a collection of Web-based message and collaboration applications. These applications are hosted on Google's own servers and provide these programs as

a service to its customers. This means there is no software download or install for customer usage.



Google Apps can also be synchronized with Microsoft Outlook on a customer's desktop. All that is required to access these applications is a Web browser.

The announcement of the shift to Google Apps comes after preparation and pilot testing at USU in the month of December, 2011.

The selection for the move to Google Apps will provide many

benefits to the USU community. It will allow USU customers access to their e-mail, calendar, contacts and documents at anytime from any location. The move will also lower infrastructure costs to the University as well as consolidate work platforms such as GroupWise and Exchange. Google Apps also provides additional features such as document sharing options and instant messaging.

All these changes will help make USU not only more tech savvy but more effective as well.

Starting the first week of February, USU began End User Training prior to e-mail migration. The Google Apps launch will "Go Live" in mid-March.

## Ghana Delegation Visits USU



Courtesy photo

The USU hosted a delegation of visitors from Ghana, Dec. 14. Members of the delegation had lunch with students from the School of Medicine and the Graduate School of Nursing. From left to right (first row) Dr. Charles L. Rice, President, USU; Commodore (Surgeon) Rowlland Martin Sowa, Director General, Ghana; (back row); Col. Mark McGrail, U.S. Army Africa Command Surgeon; Lt. Cmdr. Richard Schultz, GSN Student; Lt. Col. Darrin Olinger, Office of Security Cooperation, US Embassy, Ghana; Ensign Larry Williams, SOM Student; Lt. Cmdr. Edward Owusu Nyarko, Office in Charge, Public Health Division; 2nd Lt. Megan Stevens, SOM Student; Capt. Le'Keisha Rodriguez, GSN Student; Maj. Melissa Smith, GSN Student; 2nd Lt. Vivina Napier, SOM Student.



Courtesy photo

Capt. (Dr.) Mark Stephens, Chair of the Department of Family Medicine, presents Commodore (Surgeon) Rowlland Martin Sowa the Director General of Ghana with a flag from the 2006 World Cup soccer game between Ghana and the United States. Commodore Sowa was part of a delegation of visitors from Ghana who visited USU, Dec. 14. From left to right Dr. Jeff Longacre, Vice President, Affiliations and International Affairs; Lt. Cmdr. Edward Owusu Nyarko, Office in Charge, Public Health Division; Lt. Col. Darrin Olinger, Office of Security Cooperation, U.S. Embassy, Ghana; Commodore Sowa, Col. Mark McGrail, U.S. Army Africa Command Surgeon; Dr. Stephens; Dr. Charles L. Rice, President, USU.



# A New Kind of Education for USU: Master's in Health Care Administration and Policy

By Christine Creenan-Jones

Three years ago, USU entered new academic territory when the graduate programs added a Health Administration and Policy (MHAP) master's degree to its repertoire. The two-year program expanded the university's mostly clinical footprint into the policy and economics end of medicine for the first time ever.

"MHAP graduates will have a lot of important responsibilities," said the program director, Navy Cmdr. Glen Diehl, PhD. "They'll manage hospitals, establish new policies, and carry out countless other behind-the-scenes responsibilities to keep things running smoothly."

This broadened scope supports a crucial side of military medicine. At the helm of hospital leadership teams, administrators impact almost every operational aspect of military medicine, from overseeing all levels of personnel to balancing the hospital's budget.

Learning to shoulder these heavy responsibilities is also a rigorous undertaking. MHAP instruction, like all USU scholarship, is both challenging and military-centric.

"The program's faculty – seasoned experts with lots of hands-on experience in hospital administration and policy – have set the bar really high, because they know how important it is to have strong leaders supporting America's



Photo by Thomas C. Balfour

wounded warriors at a decision-making level," Diehl said.

A combination of conventional and more creative teaching methods prepare MHAP students for this work. After laying a solid foundation, professors give their students – Navy and Air Force officers – the opportunity to guide classroom instruction through open forum talks.

One session, for example, may begin with students discussing the merits of majority versus plurality rule before it

quickly turns into a conversation about the effects of social change and world politics on health policy today.

Another exercise, legislative role playing, transforms ensigns and captains into senators and presidents, so they can work in teams to either draft or block healthcare legislation. This process – engaging and informative – teaches students an important lesson about the symbiotic relationship existing between health and government.

"Many factors influence the way health systems run, and we want our students to understand them all, so they can be as effective as possible in their leadership roles after graduation," Diehl said.

Real-life, practical experience is also incorporated into the MHAP curriculum. Students must complete a year-long residency before graduation. They receive "on the job" mentorship at nearby hospitals, research institutes, VA medical centers and other approved sites from senior administrators.

"Students are immersed in settings where they can really learn the nuts and bolts of administration and policy for 12 months," Diehl said. "So, they can leave USU with both the knowledge and experience to make a powerful difference for America's troops at treatment facilities around the world."



HMC Bob Wheeler, USN, Navy Recruiting District Philadelphia

USU interim Department of Surgery chair, Navy Capt. (Dr.) Patricia McKay, addressed the University of Maryland, Baltimore County Pre-Med Club recently regarding careers in military medicine. Dr. McKay, who received her undergraduate degree from UMBC in 1989, spoke to pre-med students and advisors, and was also invited to visit the University's alumni affairs coordinator and the dean of the College of Science.

## HPRC Health Tips

***The Human Performance Resource Center Health Tips is intended to provide the USU community with information to help develop and maintain a healthy lifestyle. Check out the HPRC website at: <http://human-performanceresourcecenter.org>.***

### **Physical activity can boost quality sleep**

Besides keeping you healthy and fit, exercise has another important benefit. According to a news release from Oregon State University, a study conducted on more than 2,600 men and women between ages 18 to 85 found that individuals who exercise for 150 minutes a week at a moderate to vigorous level experience a 65% improvement in sleep quality. In addition, active

people experienced less daytime sleepiness than those who are inactive. These findings appeared to be across the board—subjects experienced better sleep regardless of age, weight, and other health habits. For many, regular physical activity can be an effective, non-pharmaceutical alternative to improving sleep and concentration levels during waking hours. The study, which was published in the December 2011 issue of *Mental Health and Physical Activity*, adds more evidence to the amazing body of research that demonstrates the importance of exercise for overall health.

### **Dietary supplements: What's in them for you?**

What do you put in your body to boost your performance, increase your energy, shed pounds, build muscle, or otherwise supplement your diet? What's in that drink, pill,

or powder? What will it do for you? What will it do to you? Is it worth the risk? More and more Warfighters are taking dietary supplements, most without being fully informed that some of the ingredients could have harmful side effects.

### **Running to exercise**

Running is a great exercise to help reduce your risk of heart disease and stroke. Running improves your cardiovascular system by strengthening your heart muscle and improving your circulation. As your heart muscle becomes stronger, your heart can pump more blood more easily. This helps deliver more oxygen to fuel your working muscles and remove byproducts such as carbon dioxide.

*If you enjoy reading the HPRC Health Tips you can find more by "liking" the Human Performance Resource Center on Facebook.*

## Town Hall

*Continued from page 2*

He also talked about the future and where USU's special opportunities might lie.

"We have many of the factors that others seek to emulate and we are extraordinarily well equipped and positioned to be a leader in academic health centers in the 21st century," Rice said. "Our task is to bring together our assets in ways that will increase their impact, pioneering new collaborations among federal agencies and between public and private sectors; to play the key role in ensuring that the WRNMMC is not only outstanding in its care of the troops and their families but also a first class academic medical center; and to insure that the USU of the next 40 years not only lives up to the aspirations of its founders but creates a new and better model for education, research, training and care in service to those for whom we care."

## Briefs

### **Using Computer Resources**

Security incidents continue to be a drain to limited USU Information Assurance manpower. The following highlight current DoD policy and best practices: Personnel must not install self-coded or non-licensed software on network resources; add, remove, configure, or attempt to modify USU computer operating systems or programs; move audio/visual or network cables, computers or attempt to connect personal computers to the network including MDL and lecture hall spaces; connect personal devices except for those previously authorized by NOC; download pornographic material and store or display

offensive material, such as racist literature, sexually harassing or obscene language or material; store or process classified information on any USU system. Personnel must not permit unauthorized individuals access to a government-owned or government-operated system or program; access online gambling, games and social engineering sites.

### **Exercise/Fitness Areas**

Physical Fitness training should be conducted in designated areas. The only authorized space for PT within the university is room G060. The campus' Student Community Lounge area is also authorized, but only during specified PFT dates or times.



# UNIFORMED SERVICES UNIVERSITY *of the Health Sciences*

